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FISH AND WILDLIFE SERVICE

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SHELLFISH CAN ADD VARIETY TO LENTEN MENUS

To add variety to Lenten menus try shellfish, suggests the Fish and Wildlife Service.

The various species of shellfish are delicate in flavor, light in texture, and require a very short period of cooking. And, best of all, they bring to a meal approximately the same amount of protein, minerals, and vitamins that a serving of meat does.

Among the most commonly used shellfish in this country are clams, crabs, lobsters, oysters, scallops, shrimp and spiny lobster tails. These shellfish are marketed in a variety of ways such as alive in the shell, shucked, headless, and as cooked meat. These market forms, as applicable to the various shellfish, are given below. Choose the market form best suited to the recipe you plan to use.

Hard and soft-shell crabs, lobsters, oysters, and clams are marketed alive in the shell. Sometimes crabs and lobsters are sold cooked in the shell.

Oysters, clams, and scallops are sold shucked, free from their shell, either fresh or frozen.

Shrimp and spiny lobster tails are usually marketed headless either fresh or frozen. Shrimp are sometimes sold cooked in the shell.

Meat is often removed from cooked shellfish such as crabs, shrimp, and lobsters and sold as cooked meat either fresh or frozen.

The following Fish and Wildlife Service tested recipe is suggested to add variety to your menu during Lent and throughout the year:

SHRIMP THERMIDOR

3/4 pound cooked shrimp	1/2 teaspoon dry mustard
1/2 cup sliced mushrooms	Dash cayenne
1/4 cup butter or other fat, melted	2 cups milk
1/4 cup flour	Grated Parmesan cheese
1 teaspoon salt	Paprika

Cut large shrimp in half. Fry mushrooms in butter for about 5 minutes. Blend in flour and seasonings; add milk gradually and cook until thick, stirring constantly. Stir in shrimp. Fill six individual well-greased shells or casseroles. Sprinkle with cheese and paprika. Bake in a hot oven, 400° F., for 10 minutes or until cheese browns. Serves six.

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